

POISON PREVENTION TIPS

The best way to prevent poisoning is to avoid contact with harmful substances. Below are some guidelines you should follow.

- Keep all household substances out of the reach of children. You should put them in high or locked cabinets. This includes medicine, cleaning products, and other harmful chemicals. You also can childproof your house with safety locks and guards.
- Wear protective clothing, like gloves, when you use cleaners and chemicals.
- Avoid using pesticides, paint thinner, and similar chemicals inside the house or garage. Try to find non-chemical solutions. If you do use these chemicals inside, keep the area well aired.
- Don't mix chemicals. They may become poisonous when mixed. Bleach and ammonia are one example. When you mix them together, they create a deadly gas.
- Keep medicines and chemicals in their original containers.
- Label everything inside your medicine cabinet.
- Get rid of old or expired medicines and household products. Dispose of them safely, per FDA and hazardous waste guidelines. Call poison control for more information.
- Follow all product label directions.
- Have all gas-, oil-, and wood-fueled appliances serviced regularly. Be sure they are well vented.
- Never run your car in the garage, other than when you are coming or leaving.
- Install a carbon monoxide detector in your home. Regularly test and replace the batteries.

POISONING DIAGNOSIS

Doctors can diagnose poisoning. First, they will review your medical history and do a physical exam. They also can perform tests to find the cause. Most poisons can be detected in your blood or urine. The doctor also can order a toxicology screen. This checks for common drugs using a urine or saliva sample.



"Did you ever realize that we're really drinking coffee out of large sippy cups?"

ST. PATRICK'S DAY RIDDLES

- 1) A special type of plant I am. Try and find me if you can. One, two, three or four, how many leaves will I have? I'm not too sure. What am I?
- 2) When is an Irish potato not an Irish potato?
- 3) Why did the leprechaun quit making donuts?
- 4) How did the leprechaun beat the Irishman to the pot of gold?
- 5) What does the weatherman always say to the leprechaun?
- 6) What do you call a fake stone in Ireland?

Answers on Page 2 Safety Bits & Pieces

Safety Matters

Happy St. Patrick's Day

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Poison Information

National Poison Prevention Week is March 18 to 24, 2018.

What is poisoning?

Poison is any substance that is harmful to your body. Many different types of poison exist. Poisonous substances can be products you have in your house. Medicines that aren't taken as directed can be harmful. There are several ways you can be exposed to poison. You could breathe it in, swallow it, or absorb it through your skin. Poisoning can be an accident or a planned action.

Symptoms of poisoning

The effects of poisoning depend on the substance, amount, and type of contact.

Your age, weight, and state of health also affect your symptoms.

Possible symptoms of poisoning include:

- nausea and/or vomiting
- diarrhea
- rash
- redness or sores around the mouth
- dry mouth
- drooling or foaming at the mouth
- trouble breathing
- dilated pupils (bigger than normal) or constricted pupils (smaller than normal)
- confusion
- fainting
- shaking or seizures.

What causes poisoning?

There are a number of substances that are harmful and can cause poisoning. These include:

- household products and personal care products, like nail polish remover and mouthwash, which is harmful to children
- cleaning products and detergents, paint thinners
- outdoor chemicals, such as herbicides, fertilizers, fungicides, pesticides, bug spray
- metals, such as lead or mercury, which can be found in old thermometers and batteries
- prescription and over-the-counter medicines when combined or taken incorrectly
- illegal drugs
- carbon monoxide gas
- spoiled food
- plants, such as poison ivy and poison oak
- venom from certain snakes and insects

Who do I call if I suspect poisoning? Call 1-800-222-1212. The Poison Help Line is staffed 24 hours per day every day by nurses, pharmacists, doctors and other experts. They respond to more than 2 million poisoning exposures each year. They offer help in over 161 different languages.

DAYLIGHT SAVING-TIME BEGINS



SPRING FORWARD MARCH 11

SAFETY TIP OF THE MONTH

One of the eye problems modern technology has helped create is dry eyes. Help prevent dry eye - follow these steps:

- 1) Take periodic breaks and blink often.
- 2) Use the 20-20-20 method. Every 20 minutes of typing stop and focus on an object 20 feet away for 20 seconds. This allows your eyes to reduce the strain.
- 3) Force yourself to yawn. Yawning helps moisturize your eyes.

Safety Bits & Pieces

EYE EMERGENCY TREATMENTS

Specks in the Eye

- Don't rub the affected eye.
- Flush the eye with lots of water.
- See a doctor if the speck doesn't wash out.

Cuts, Punctures, and Foreign Objects in the Eye

- Don't try to remove a foreign object stuck in the eye.
- If possible, when a foreign object is in the eye, gently cover the injured eye with a paper cup or similar object to prevent the object from being wedged further into the eye.
- Seek immediate medical attention.

Chemical Burns

- Immediately flush the eye with water or drinkable liquid. Open the eye as wide as possible. Continue flushing for at least 15 minutes, even on your way to seeking medical care.
- If a contact lens is in the eye, begin flushing over the lens immediately. Flushing may dislodge the lens.
- Seek immediate medical attention.

Blows to the Eye

- Apply a cold compress without pressure, or tape crushed ice in a plastic bag to the forehead and allow it to rest gently on the injured eye.
- Seek immediate medical attention if pain continues, if you have reduced vision, or if blood or discoloration appears in the eye.

ST. PATRICK'S DAY RIDDLES ANSWERS

- 1) Clover
- 2) When it's a French Fry!
- 3) He was tired of the hole business!
- 4) He took a shortcut!
- 5) How's the weather down there?
- 6) A sham-rock!



Workplace Eye Safety

March is Workplace Eye Safety and Health Month

Are you in danger of becoming an eye injury statistic? According to Prevent Blindness, a Chicago-based volunteer eye health and safety organization, 2,000 workers per day experience a job-related eye injury that requires medical attention. Of those injuries, 10 percent to 20 percent result in temporary or permanent vision loss.

How are so many workers being injured? Eye injuries can occur in numerous ways. According to the National Safety Council, flying objects, such as metal or stone chips, nails, or abrasive materials, cause the most injuries. Other ways employees are injured include being splashed with corrosive liquids or molten metals, being hit by a tool, or coming into contact with poisonous gas or vapors.

Protection

Before deciding what kind of eye protection is needed, it's important to understand that Personal Protective Equipment (PPE) should be a worker's last line of defense. Prevent Blindness states that the best protection against suffering an eye injury at work is to first understand what the dangers are for any given job task. To do so, complete an eye hazard assessment. Then eliminate any hazards before beginning work, and use engineering controls such as machine guarding or work screens. After these steps have been taken, determine if any PPE is needed. Protection can include goggles, faceshields and safety glasses.

Prevent Blindness presents 9 ways to help prevent eye injuries in your workplace:

1. Assess your workplace operations carefully, looking closely at work areas, access routes and equipment for potential eye hazards.
2. Get eye examinations regularly to insure there are no problems with your vision.
3. Always wear the correct Personal Protective Equipment (PPE) for the job task at hand.
4. Establish a mandatory eye protection program for yourself even if your facility does not have one in place. "A broad program prevents more injuries and is easier to enforce than one that limits eye protection to certain departments, areas or jobs," Prevent Blindness states.
5. Make sure that any eye protection you wear fits properly. Make repairs to any defective eyewear or discard irreparable ones. You should always be in charge of your own gear and inspect it before every use.
6. Be prepared for an emergency by knowing first aid procedures for eye injuries. Know the location of all eyewash stations and ensure that they are easy to access.
7. Attend any ongoing educational training on eye safety or protective eyewear.
8. Let fellow employees know that you care about eye safety. One way to show this is wearing protective eyewear whenever needed.
9. If your organization has an eye protection program make sure it is posted in those workplace areas where employees gather (break rooms, etc).

ON THE LIGHTER SIDE...



"Just a handful or you'll spoil your dinner."

QUOTATION OF THE MONTH

"It is the paradox of life that the way to miss pleasure is to seek it first. The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside of self."

Hugo Black (1886 -1971)
5th longest serving United States
Supreme Court Justice
(Served 12477 days 1937-1971)